

AGRICULTURAL, & C.

SELLING OUT

Our whole process of harvesting wheat into bread has, at almost every step, violated the laws of nature and disregarded her suggestions; and the reform must be a fundamental one. What is, beyond all dispute, the most perfect article of human food, it being the only vegetable production yet discovered, that contains all the elements necessary for the nourishment of man, meat, bones, fat, tissues, and brains, in just the right proportions?—Bacon, Peas, Indian corn, and the other grains afford perfect nourishment for all the organs but the brain, by which term is included the spinal marrow and the nerves, which branch from the brain, and are identical in composition with it, the whole forming one system or set of organs. Now the pulsations of the brain are phosphorus, whose life giving fire thrills along the nerves, and whose light illuminates the chambers of the mind, for we might understand the correspondence between the material and the spiritual, we might see that light in the intellectual source was something more than a mere fruit of reason. The wear of the brain by study or any mental effort throws off the phosphorus, which is found with other waste matter in the urine another secretion. To keep the brain healthy and in working order the waste must be restored by means of food containing phosphorus, and that food is wheat.

It would seem as if wheat was made for brain food, and man, the only animal that works with his brain, is the only consumer of it. But by strange caprice, the "profoundest" of his intentions were overruled by his tastes, and in this particular instance to his great detriment. None every particle of this brain-nourishing phosphorus is found in the hull or bran of the wheat, which is when separated from the flour, the pleasure of merely gratifying the eye with the sight of white bread, carries with it all the superiority which wheat possesses over a dozen other kinds of cheaper vegetables. In addition to this, the mechanical action of the brain on the internal organs keeps them in a healthy state, and supercedes the necessity of pills and other cathartics which many people are obliged to use habitually. This matter of making flour of the whole wheat is well understood, and approved by every school of physicians, and through their recommendation to their patients, and the teachings of Health Journals, it is becoming somewhat common, and therefore, wheat is likely to be a staple article in the markets.

Strong as the product may be it stands against the brown, plebian-looking loaf; it will vanish in most cases at the risps if the bread is well made from well-ground wheat of a good quality, the sweet, fragrant, nutty flavor commanding itself to every taste not wholly vitiated. With wheat flour, the complaints of heavy, sour and insipid bread would vanish forever, excepting slight swings to the fisherly particles of the hull which pervade it, that no yeast or alkali is necessary to raise it, that it is, when mixed with pure cold water alone, absolutely self-rising, to a greater extent than fine flour can be converted by yeast. Again no less than thirteen per cent of the flour is saved by dispensing with yeast, as the fermentation in its growth converts that proportion of starch and sugar into alcohol. This is saved, of course by the use of an alkali and acid to generate carbonic acid, but a deleterious neutral salt is, in every case, left in the bread—tartrate of soda. Tartar of tartar is used, instead of soda, for souffles, and meringues, &c., molasses. The best and most entirely workable mode of raising fine flour for those who will use it, is to use muriatic acid which forms with soda a common salt, which is needed in the bread, and is a constituent of the human body. —Exchange.

To RAISE EARLY TOMATOES.—About the first of March, take a few large turnips and cut out the hearts of them, to form a sort of cup. Fill the cavities with earth, and plant two or three tomato seeds in each. When the seeds have well sprouted, pull up all but the healthiest plant in each turnip and let those that remain stand where they will have the benefit of the sun; the plant will grow very thirsty—the decaying turnip furnishing it food. When the weather becomes sufficiently warm, set the turnips in well prepared soil, not less than three feet apart, make the lattice frames to keep the vines from the ground, and keep the soil well hilled up around them, and you will have a crop that will astonish the nation. The advantage consists in getting the plants started early without setting them back in transplanting.

RAISE GRAIN AND STOCK.—It has been remarked by a practical man, that whenever bread-stuff rule high, cotton is depressed, and vice versa. He states that he has never known it to fail. The Southern people, in their present poverty, should draw a lesson from this strange coincidence, and abandon the culture of cotton on so large a scale, and take to that of raising grain crops. It is very certain that the price of provisions promises to be high, in spite of reported good crops, and before making arrangements for another year, planters would do well to make very close calculations as to the profit or loss of cotton raising, to the neglect of corn or wheat.

SETTING OUT TREES.—The London *Bulletin* says that people planting orchards would give orders to mark the north side of the trees with red chalk before they are taken up, and when set out to have the trees put in the ground with their north side to the north, in their natural positions, a larger proportion, it is said, would live, by ignoring this law of nature, in the cause of many transplanted trees dying. If the north side be exposed to the south, the heat of the sun is too great for that side of the tree to bear, therefore, it dries up and deceives

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